

Cheese Lasagna

Code No. 801

Nutrition Facts			
Serving Size: 4.15 oz (117 grams)			
Servings Per Container: 110			
Amount per Serving			
Calories 234		Calories from Fat 83	
% Daily Value			
Total Fat 9.2g		14%	
Saturated Fat 5.6g		28%	
Cholesterol 123mg		41%	
Sodium 364mg		15%	
Total Carbohydrate 20g		7%	
Dietary Fiber 1g		1%	
Sugars .76g			
Protein 15.4g		31%	
Vitamin A 369 IU		Vitamin C 1.57 mg	
Calcium 313 mg		Iron 1.58 mg	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			

Cheese Ravioli

Code No. 804

Nutrition Facts			
Serving Size: 3.69 oz (104 grams)			
Servings Per Container: 108			
Amount per Serving			
Calories 211	Calories from Fat 68		
% Daily Value			
Total Fat 7.5g	12%		
Saturated Fat 3.8g	19%		
Cholesterol 173mg	57%		
Sodium 257mg	11%		
Total Carbohydrate 22g	7%		
Dietary Fiber 1g	1%		
Sugars 2.26g			
Protein 13.6g	27%		
Vitamin A 377 IU	Vitamin C .91 mg		
Calcium 189 mg	Iron .02 mg		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			

Macaroni & Cheese

Code No. 5906

Nutrition Facts			
Serving Size: 3.6 oz (102 grams)			
Servings Per Container: 120			
Amount per Serving			
Calories 153		Calories from Fat 69	
% Daily Value			
Total Fat 7.7g		3%	
Saturated Fat 4.8g		5%	
Cholesterol 23.5mg		3%	
Sodium 350mg		15%	
Total Carbohydrate 12g		4%	
Dietary Fiber 2.5g		10%	
Sugars .44g			
Protein 9g		18%	
Vitamin A 363 IU		Vitamin C 0 mg	
Calcium 183.6 mg		Iron .46 mg	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			

Potato Skins

Code No. 25150

Nutrition Facts			
Serving Size: 4.0 oz (171 grams)			
Servings Per Container: 80			
Amount per Serving			
Calories 500		Calories from Fat 216	
% Daily Value			
Total Fat 24g		37%	
Saturated Fat 3.5g		17%	
Cholesterol 45mg		15%	
Sodium 350mg		15%	
Total Carbohydrate 51g		17%	
Dietary Fiber 7g		28%	
Sugars 2g			
Protein 19g		38%	
Vitamin A 1000 IU		Vitamin C 15 mg	
Calcium 450 mg		Iron .14 mg	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			

Pizza Bagel

Code No. 52105

Nutrition Facts			
Serving Size: 6 oz (170 grams)			
Servings Per Container: 60			
Amount per Serving			
Calories 338		Calories from Fat 102	
% Daily Value			
Total Fat 11.3g		17%	
Saturated Fat 3.6g		14%	
Cholesterol 15.9mg		5%	
Sodium 746mg		31%	
Total Carbohydrate 41.6g		14%	
Dietary Fiber 3g		12%	
Sugars 5.9g			
Protein 17.4g		35%	
Vitamin A 101 IU		Vitamin C 2 mg	
Calcium 326 mg		Iron 1.7 mg	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			

Cheddar Sticks

Code No. 40214-1

Nutrition Facts			
Serving Size: 1 oz (28 grams)			
Servings Per Container: 400			
Amount per Serving			
Calories 110		Calories from Fat 81	
% Daily Value			
Total Fat 9g		14%	
Saturated Fat 6g		24%	
Cholesterol 20mg		7%	
Sodium 170mg		7%	
Total Carbohydrate <1g		1%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 6g		12%	
Vitamin A 6%		Vitamin C 0%	
Calcium 20%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			

American Sticks

Code No. 40234-1

Nutrition Facts			
Serving Size: 1 oz (28 grams)			
Servings Per Container: 400			
Amount per Serving			
Calories 110		Calories from Fat 81	
% Daily Value			
Total Fat 9g		14%	
Saturated Fat 6g		24%	
Cholesterol 25mg		8%	
Sodium 300mg		12%	
Total Carbohydrate 1g		1%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 5g		10%	
Vitamin A 10%		Vitamin C 0%	
Calcium 15%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			

Mozzarella Sticks

Code No. 40244-1

Nutrition Facts			
Serving Size: 1 oz (28 grams)			
Servings Per Container: 400			
Amount per Serving			
Calories 80		Calories from Fat 50	
% Daily Value			
Total Fat 6g		9%	
Saturated Fat 4g		20%	
Cholesterol 15mg		5%	
Sodium 160mg		7%	
Total Carbohydrate <1g		1%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 7g		14%	
Vitamin A 6%		Vitamin C 0%	
Calcium 20%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 * Carbohydrate 4 * Protein 4			

Shredded Cheddar

Code No. 75550-1

Shredded Mozzarella

Code No. 75553-1

Nutrition Facts			
Serving Size: 1 oz (28 grams)			
Servings Per Container: 480			
Amount per Serving			
Calories 80		Calories from Fat 54	
% Daily Value			
Total Fat 6g		9%	
Saturated Fat 4g		20%	
Cholesterol 15mg		17%	
Sodium 160mg		17%	
Total Carbohydrate <1g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 7g		14%	
Vitamin A 6%		Vitamin C 0%	
Calcium 20%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		30g	37g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			



Code: 25102

Product Name: Chicken/Cheese Quesadilla

Serving Size: 4.28 oz

Each 4.28 oz. Cheese Quesadilla provides 2.00 oz. equivalent meat alternate and 2.25 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 01/03).

<i>Nutrient</i>	<i>Amount per 100g</i>	<i>Amount Per Serving*</i>
Calories	265	320
Protein	12 g	14 g
Carbohydrates	24 g	29 g
Dietary Fiber	1 g	1 g
Sugar – Total	1 g	1 g
Fat – Total	13 g	16 g
Saturated Fat	6.5 g	8 g
Cholesterol	33 mg	40 mg
Vitamin A	620 IU	750 IU
Vitamin C	0 mg	0 mg
Calcium	250 mg	300 mg
Iron	1.5 mg	1.8 mg
Sodium	975 mg	1180 mg

* Nutritional value based on chemical analysis.

INGREDIENTS: FILLING: Cheddar Cheese (milk, salt, cheese cultures, enzymes, annatto), White Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Cooked Seasoned Chicken (chicken meat, water, flavoring, salt, sodium phosphate), Red sauce (water, tomato paste, tomatoes, vinegar, chile powder/chile peppers, spices, salt, paprika, salt, modified food starch, cumin, garlic powder, onion powder). TORTILLA: Enriched Wheat Flour (flour, malted barley flour, folic acid, niacin, malt, reduced iron, thiamine mononitrate, riboflavin), Water, Shortening (partially hydrogenated soybean and cottonseed oils), Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), PZ-44 (whey, l-cysteine monohydrochloride), Salt, Calcium Propionate, Sodium Aluminum Phosphate, Sugar, Fumaric Acid, Sodium Alginate.

COOKING INSTRUCTIONS:

CONVECTION OVEN: Place product on parchment lined sheet pan. Stack quesadillas overlapping 3/4 of the tortilla (to minimize space required and protect the tortilla from the hot air). Preheat oven to 350°F. Hold product at room temperature 30 minutes, then bake for 8-16 minutes.

MICROWAVE: Use high power. Heat one quesadilla for approximately 40 seconds.

NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE. INTERNAL PRODUCT TEMPERATURE MUST REACH 150°F).

CONTAINS: 112 SERVINGS PER CASE
(1 QUESADILLA PER SERVING)



Code: 52115

Product Name: Pizza Bagel

Serving Size: 3.75 oz

Statement of child nutrition food based meal pattern-equivalency:

This 3.75 oz. Cheese Pizza provides 1.0 oz. equivalent meat alternate, 1/8 cup vegetable and 2 1/4 servings of bread alternate for the Child Nutrition Meal Pattern Requirements.

<i>Nutrient</i>	<i>Amount per 100g</i>	<i>Amount Per Serving*</i>
Calories	226	240
Protein	11.9 g	12.6 g
Carbohydrates	30.1 g	32.0 g
Dietary Fiber	4.57 g	4.86 g
Sugar – Total	0.87 g	0.92 g
Fat – Total	6.6 g	7.0 g
Saturated Fat	3.9 g	4.2 g
Cholesterol	14.3 mg	15.2 mg
Vitamin A	55.6 RE	59.1 RE
Vitamin C	0.39 mg	0.41 mg
Thiamine (B1)	10.4 mg	11.1 mg
Riboflavin (B2)	8.48 mg	9.01 mg
Niacin (B3)	2.32 mg	2.47 mg
Calcium	202 mg	215 mg
Potassium	97.9 mg	104 mg
Iron	1.84 mg	1.96 mg
Sodium	507 mg	539 mg

* Nutritional value based on chemical analysis.

INGREDIENTS: CRUST: Enriched unbleached, unbromated flour (flour, niacin, iron, potassium, thiamine mononitrate, riboflavin), water, sugar, salt, yeast, mono-diglycerides, ascorbic acid, dough conditioner. SAUCE: Water, tomato paste, seasonings, soybean oil. TOPPING: Part skim mozzarella cheese (pasteurized part skim milk, culture, spices, enzymes).

COOKING INSTRUCTIONS:

PREHEAT THE CONVECTION OVEN TO 350°F (OR A CONVENTIONAL OVEN TO 400°F). PRODUCT SHOULD BE ALLOWED TO THAW FOR 10-15 MINUTES BEFORE COOKING FOR BEST RESULTS.

OVEN TYPE	TEMPERATURE	COOKING TIME
CONVECTION	350°F	11-16 MINUTES
CONVENTIONAL	400°F	13-18 MINUTES

NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE. INTERNAL PRODUCT TEMPERATURE MUST REACH 150°F).

CONTAINS: 96 INDIVIDUAL 3.75 OUNCE PORTIONS